This listing of claims will replace all prior versions, and listings, of claims in the application:

Claims 1 - 4 (Cancelled).

Claim 5 (Previously Presented): A vehicle shock absorber having first and second ends, said shock absorber comprising:

opposing first and second walls;

said first wall disposed apart from said second wall;

a shock receiving surface at said first end connecting said first and second walls;

a plurality of recessed grooves spaced substantially equally disposed in said first and second walls, and substantially perpendicular to said shock receiving surface; and

said recessed grooves extending from said shock receiving surface to said second end, such that a plurality of notches are formed in the shock receiving surface wherein a parting line disposed between notches formed by recessed grooves disposed in said first wall and notches formed by recessed grooves disposed in said second wall, and the recessed groove in the second wall is provided at a position opposed to a wall surface between two adjacent recessed grooves formed in the first wall so that the recessed grooves formed in the first wall and recessed grooves formed in the second wall are disposed alternately, and a distance (a) from a lower end of a recessed groove in a first wall to a second wall is made equal to a distance (b) from the lower end of the recessed groove in the first wall to a lower end of the recessed groove in the second wall;

Said vehicle shock absorber being hollow and blow molded of thermoplastic.

Claim 6 (Previously Presented): The vehicle shock absorber according to claim 5, wherein a first recessed groove disposed in said first wall is opposed to a section of said second wall disposed between adjacent second and third recessed grooves disposed in said second wall.

Claim 7 (Currently Amended): The vehicle shock absorber according to claim 5 further comprising:

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semi-are notehes formed in said shock receiving surface by said recessed grooves wherein said notches are semi-are notches.

Claim 8 (Previously Presented): The vehicle shock absorber according to claim 5 wherein said vehicle shock absorber is configured to be interposed between a bumper beam and a bumper facia, such that said shock receiving surface is disposed proximate to said bumper facia.

Claims 9-11 (Cancelled).

Claim 12 (Previously Presented): The vehicle shock absorber according to claim 5 wherein said thermoplastic has a bending elastic modulus between 800 and 2500 MPa.

Claim 13 (Previously Presented): The vehicle shock absorber according to claim 5 wherein said thermoplastic is selected from the group of thermoplastic consisting of polypropylene, polyelephin, and alloys thereof.

Claim 14 (Cancelled).